



EFFECTIVENESS OF LACTATIONAL COUNSELING ON BREAST ENGORGEMENT AND NEW BORN FEEDING BEHAVIOUR AMONG POSTNATAL MOTHERS – A NARRATIVE REVIEW

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ABSTRACT

Introduction: Breastfeeding is the universally preferred method of feeding a newborn. Breast engorgement is a condition that affects breastfeeding mothers early in the postpartum. The discomfort and tenderness as a result of the engorgement is a major contributing factor to the early cessation of breastfeeding. Many treatments for breast engorgement have been attempted and explored. The studies revealed that lactational counseling can increase the knowledge of mother in reducing the incidence of breast engorgement and in improving the new born feeding behaviour. **Purpose:** The purpose of this article were to find the evidences about the effectiveness of lactational counseling in reducing breast engorgement and in improving newborn feeding behaviour among postnatal mothers. **Result:** Using a narrative review approach, 20001 titles were retrieved and after screening, 7 articles were identified for full text screening based on the inclusion criteria. These studies revealed that educating the mothers were effective in reducing the breast engorgement and improving the new born feeding behaviour among postnatal mothers. **Conclusion:** The findings identify the wider importance of counseling postnatal mothers to reduce breast engorgement and to improve new born feeding techniques.

KEYWORDS: Lactational counseling, breast engorgement, New born feeding behaviour, Postnatal mothers.

INTRODUCTION:

Breastfeeding begins within the first hour after birth and continue as often and as much as the baby wants. Breastfeeding has many advantages for both mother and baby. Breast feeding enhances immunity and protects the baby from infections, reduce the incidence of maternal hemorrhaging and breast and ovarian cancer. Delayed breastfeeding may lead to breast engorgement. Lactation counseling can provide anticipatory guidance to the postnatal mothers and can reduce the incidence of breast engorgement. Basic breastfeeding technique helps to avoid breastfeeding problems.

Lack of antenatal information and education regarding breast feeding is one of the major factors contributing to delay and discontinuation of breast feeding among postnatal mothers. Delayed breast feeding can produce breast complications like breast engorgement and breast abscess. Breast engorgement occurs around the third and fifth postnatal day in varying degrees from slight to severe.

Shubhra Agarwal gupta et, al (2018) conducted a Quasi experimental study on Effect of health education on breast feeding initiation techniques among postnatal mothers admitted in a tertiary care centre. Sample size was 414 babies. Data were collected by using Random sampling techniques. The study showed that there was improvement after post intervention health education related to positioning and attachment of the babies during breastfeeding. It showed statistical significance 28.2% and 28.3% improvement in the mothers who kept their baby's neck and body straight with baby's body close of them respectively. 9.4% improvement was found in which baby's body was turned towards their mother and 12.8% baby's whole body was kept supported with both the hands. It was noted that in relation to overall (all 4 correct) body positioning status statistically significant ($p < 0.001$) 43.3% improvement was seen. [1]

Linda varghese et, al (2017) Conducted a Quasi experimental on Effectiveness of prenatal teaching on prevention of breast engorgement Kochi, Kerala. Sample size was 60. Data were collected by using Non probability convenience sampling technique. The study showed that prenatal teaching was given to reduce the incidence of breast engorgement for experimental group after pretest in the antenatal period and post test was done in the 3rd day of postnatal period. The pre test mean score of experimental group was 10.20 with the SD of 3.14 and the post test mean score was 20.76 with the SD of 2.69. The pre test mean score of control group was 9.83 with the SD of 3.10 and the post test mean score was 10.03 with the SD of 3.232. This study showed that educating the mothers is effective in reducing the incidence of breast engorgement. [4]

WHO Recommended that all mothers should be supported to initiate breast feeding as soon as possible after birth to establish breast feeding and to manage common breast feeding difficulties.

MATERIALS AND METHODS:

A narrative approach was adopted for the review. Comprehensive systematic search of published literature and journal articles from Pubmed, Ebsco, were used. Search strategy specific to each database was used. A data base search of articles published in various journals from 2002 to 2018 was included. Search was restricted only for English language.

RESULT AND DISCUSSION:

The systematic search was conducted by framing the terms individually and in combination with all and synonyms, also according to the database. In addition to this, a manual Pubmed search was undertaken using the keywords and search synonyms from already found articles. An additional of 7 articles were found. Initially, 20001 articles were identified in which 16668 were excluded due to exceed limitation of the year and again 2917 studies were excluded due to the mismatch with the study criteria. In that, the abstract of 416 articles were examined for eligibility, from which 406 were excluded due to unavailability of full text. 3 papers were removed after reading then in full and evaluating for credibility and 7 articles were screened and included.

K. Nagendra et, al (2017), conducted a study on evaluation of breastfeeding techniques among postnatal mothers and effectiveness of intervention. Evidence from this study shows that 67% of postnatal mothers were having correct positioning and 53% of new born babies having correct Attachment. After educating, 97% of postnatal mothers were able to attach the baby well and 98% were able position correctly with their baby. [7]

Nurmiaty et, al (2016), in this study they grouped the samples into 3 group. Group 1, group 2 and group 3. In group 1, they given both education and modification module, group 2 they given only modification module and group 3 they given maternal child health hand book. The level of knowledge before intervention of group 1 was 15.67 and after intervention was 17.19, the level of knowledge before intervention of group 2 was 14.57 and after intervention was 16.10 and the level of knowledge before intervention of group 3 was 14.30 after intervention was 15.50. [3]

Reena, et al, (2015), in her study proved that there was decrease in breast engorgement on the 1st and 2nd day of postnatal period after lactational counseling regarding breast engorgement and newborn feeding behaviour. The mean score for the breast engorgement in first day was 03.63 with the SD of 0.664 for the study group and 04.13 with the SD of 0.730 in the control group. On second day the mean score for the study group was 02.27 with the SD of 0.450, and the control group mean score was 03.10 with the SD of 0.712. The mean score of newborn feeding behaviour for the first day was 27.20 with the SD of 4.627 for the study group and 21.70 with the SD of 2.366 in the control group. On second day the mean score for the study group was 30.97 with the SD of 2.236, and the control group was 23.57 with the SD of 3.191. So the study concluded that lactational counseling is effective in reducing the breast engorgement and improving the new born feeding behaviour. [2]

According to Kiranmai tella et, al (2015), the study findings found that the mean pre education score for knowledge was 6.65 with the standard deviation of 2.21 and the mean post education score for knowledge was 9.42 with the SD of 1.00. [5]

According to J Ingram et, al (2002) conducted a study on effectiveness of teaching good positioning among postnatal mothers and the study findings found that after educating the mothers there was significant increase in exclusive lactating at two weeks (P value < 0.001) and six weeks (P value 0.02) and in any breastfeed-

ing rates ($p=0.005$) at two weeks after the technique intervention.[6]

CONCLUSION:

The importance of breast feeding and optimal infant feeding promotion in child –survival cannot be overemphasized. Identifying effective strategies for promotion of optimal newborn feeding is of most important. The result from this trial will provide evidence regarding the effectiveness of counseling postnatal mothers to reduce breast engorgement and to improve new born feeding techniques

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